

OFFICIAL PUBLICATION OF THE CANADIAN CAMPING ASSOCIATION

# CANADIAN CAMPING

***June 1961,*** TORONTO, CANADA



**Manufacturers**

**of**

**the famous**

**Quickset**

**Quality**

**Food Products**

**for Camps**

**anywhere**

**in Canada**

**Jelly Powders**

**Pudding Powders**

**Instant Puddings**

**Creme Pie Fillings**

**Cake Mixes**

**Table Syrup**

**Fruit Rickeys**

**Hot Chocolate**

**Flavorings**

**Soup Bases**

**Marmalades**

**Jams**

**Fruit Pie Fillings**

**and**

**our new addition**

**Camp-Rites**

**GIBBONS**

and only Gibbons make these food products exclusively for Camps and Institutions.

Highly recommended and used by many Canadian Camps for many years.

Of course it will be to your advantage to order now — for June delivery — prepaid — waiting for you on arrival.

And don't forget Camp-Rites, those neat little prepared food packages for week ends or trips.

**Telephone — Write — No Obligation**

**BE. 2-1421**

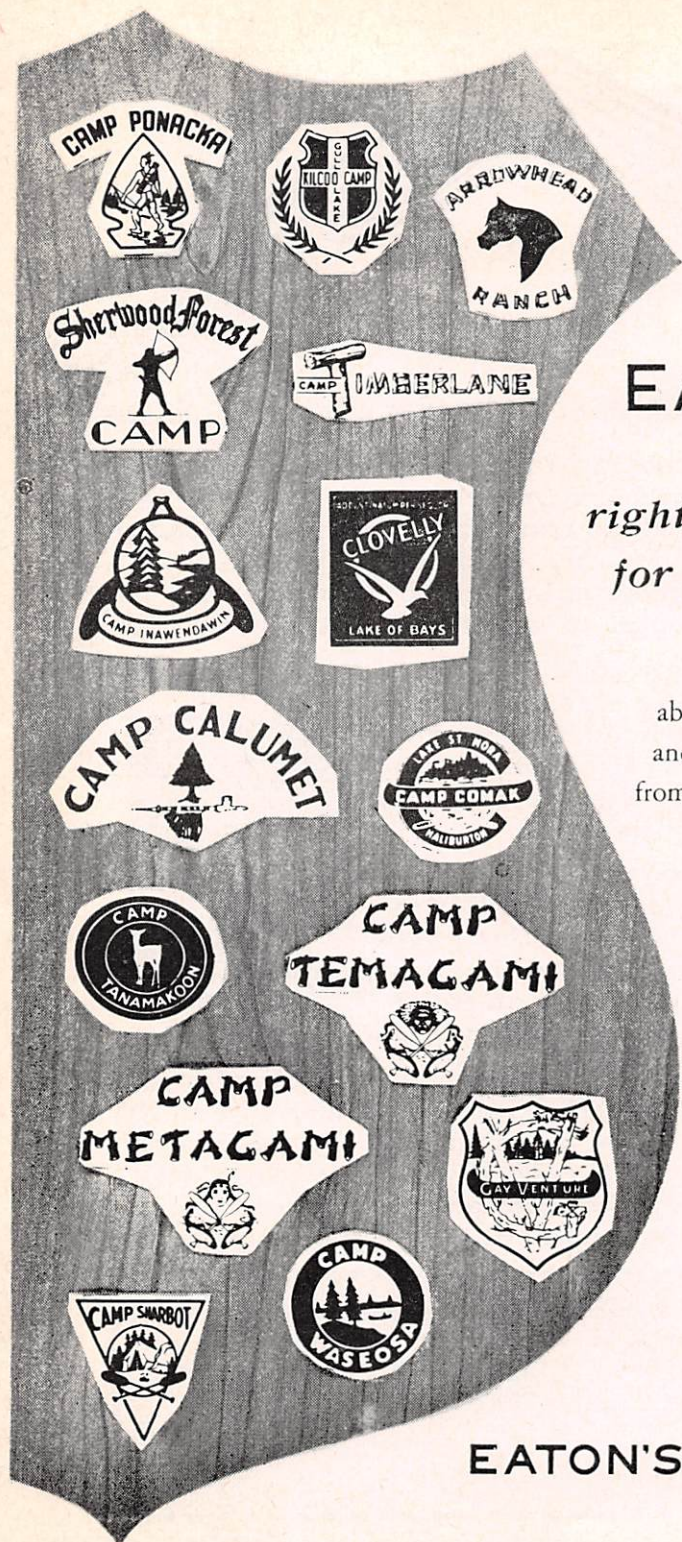
**GIBBONS FOODS LIMITED**

49 ADVANCE ROAD

TELEPHONE BE. 2-1421

TORONTO 18, CANADA





## EATON'S ... with the right accessories for happy camping!

Blue lake and rocky shore  
abound with songs, laughter,  
and campers garbed in outfits  
from EATON'S Camp Centres.

You'll find T-shirts and  
sweatshirts bearing camp  
crests; regulation outfits  
of at least 14 well-known  
camps; trained staff  
members to help supply  
your campers' needs.

For information,  
write, call in person,  
or phone UN. 1-5111.

Boys' Camp Centre  
Main Store—Second Floor  
Girls' Camp Centre  
Main Store—Third Floor

## EATON'S OF CANADA

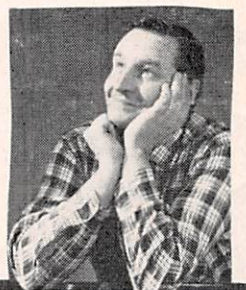


## How COLORDUR Solved a Bunk-House Problem

**WANTED:** A coating for plywood roofs for bunk-houses in a Northern Ontario camp. Must be light in weight, to reduce transportation costs to camp-site, easily applied and repaired by unskilled applicators, have good adhesion to plywood, and be serviceable enough to withstand rigorous winters.

**SOLUTION:** Borden's Colordur "Do-It-Yourself" Process Roofing was applied in June 1959, in accordance with manufacturer's directions, using standard paint rollers as the only equipment required.

**RESULTS:** After many months of service roofing is performing extremely well in all categories—with an unexpected dividend: snow which normally piled up on standard roofs, slid off the Colordur coated roofs.



**RECOMMENDATION:** Investigate Colordur for your roof coatings. You'll discover incredible adaptability to any style, shape or design of roof. Colordur is easy to apply, withstands rugged wear and tear, doesn't require gravel and will not soften or run in the hot sun. For complete details fill in the coupon below.

*Borden Chemical* COMPANY (CANADA) LIMITED  
West Hill, Ontario

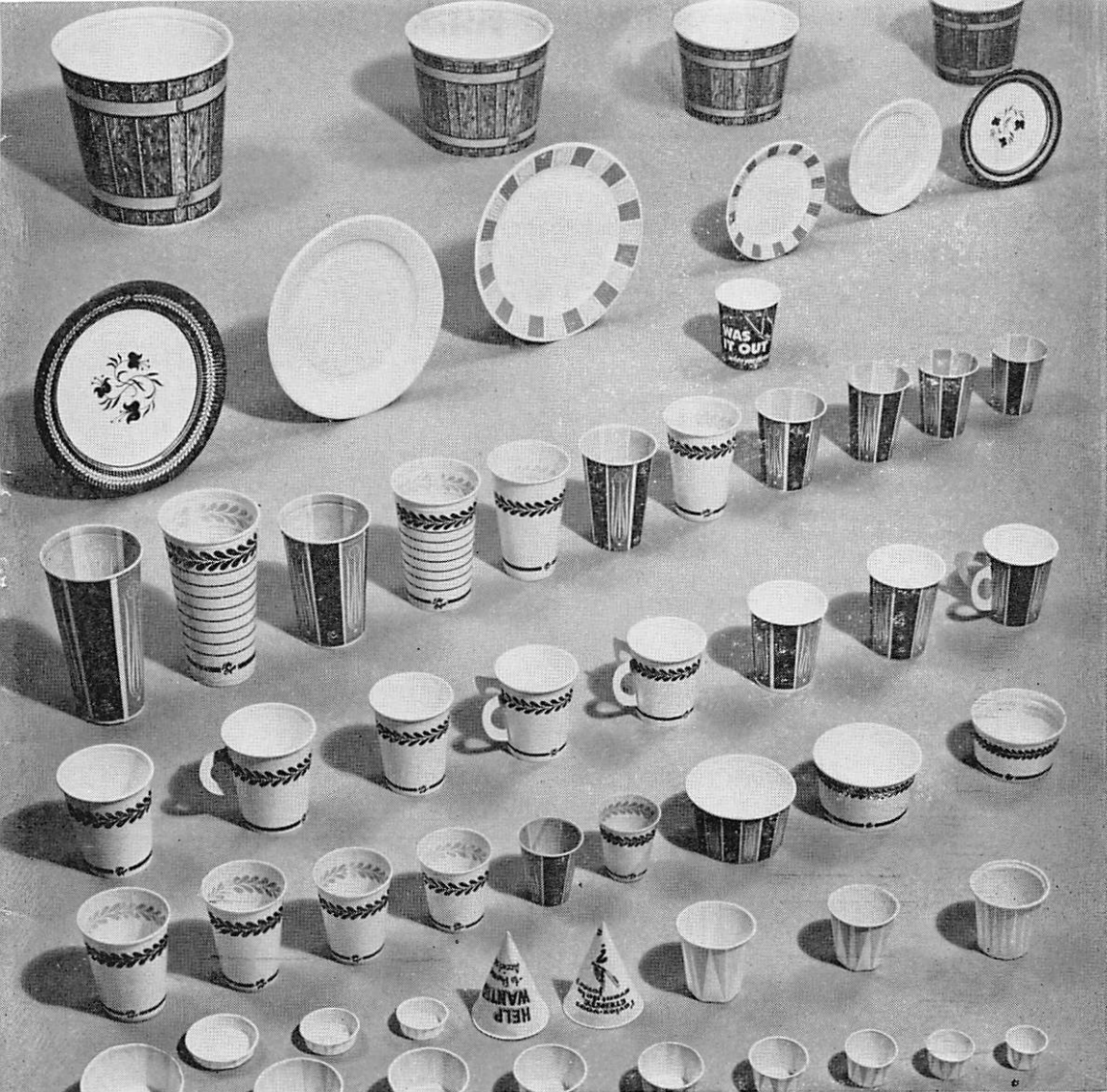
I'd like to know more about Borden's Colordur "Do-it-Yourself" Process Roofing

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

**COLORDUR** A PRODUCT OF BORDEN CHEMICAL COMPANY (CANADA) LIMITED



## You'll Find LILY a good Camper!

There's a complete range of Lily paper cups and plates to make your camp operation easier. These light-weight, economical Lily products mean an end to tedious dish-washing . . . save valuable space, time and effort. The Lily range provides plastic coated,

non-absorbent plates that can't soak up gravies or moist foods.

Ideal for Children's summer camps, Lily cups and plates are a safeguard against cross-contamination . . . remove the danger of broken glass and china. Enjoy a carefree camping operation this summer!

Write to LILY CUPS LIMITED, Dept. CC-6-61 for further information and samples.

### LILY CUPS LIMITED

300 DANFORTH RD.

TORONTO 13



*Toronto, Canada, June 1961*



No matter whether your campers bicycle, canoe, hike or ride horseback, you must have the best in Camping Insurance. And there's only one BEST—sold by the pioneers in this essential coverage.



Our policies cover

- POLIO AND DREAD DISEASES
- MEDICAL REIMBURSEMENT
- EPIDEMIC
- ACCIDENTAL DEATH
- DISMEMBERMENT
- TUITION REFUND

**Best in  
Coverage**

**Best in  
Service**

**THE SIGN OF GOOD SERVICE**



**VERMONT ACCIDENT INSURANCE**

**Rutland, Vermont, U.S.A.**

Member American Camping Association

***Foodcraft***

**Extra QUALITY PAYS . . .**

and that is verified by the confidence of our customers, which continues year after year.

Foodcraft specialized foods offer many unique advantages and they sum up to what you want—distinctive quality meals at minimum cost.

Personnel thoroughly experienced in camp procedure, is at your service day or night—just write, wire, or telephone collect. Immediate delivery.

• **Specialized Foods**

• **Specialized Service**

**FOODCRAFT LABORATORIES LIMITED**

58-60 Duchess Street,

Toronto 2, Ontario

Telephone: 368-8088

DISTRIBUTION ACROSS CANADA

## ***Prevent Septic Tank Trouble***

---

Treat your Septic Tank System NOW and be sure of a clean, efficient, fully operating Septic Tank and drainfield when your units are in full use.

# **"SEPTO-BAC"**

(POSITIVELY GUARANTEED)

OVERCOME AND AVOID TROUBLE. You can be sure of an efficient, fully-operating septic system when you use new SEPTO-BAC. Cuts grease and soap curds, cleans drain tile, improves seepage. SEPTO-BAC IS NOT YEAST . . . it is concentrated Protelytic Enzymes that give new life to sluggish or blocked septic systems and cesspools. The most efficient known septic re-vitalizer, yet costs far less than any substitute. Insist on SEPTO-BAC—It's new.

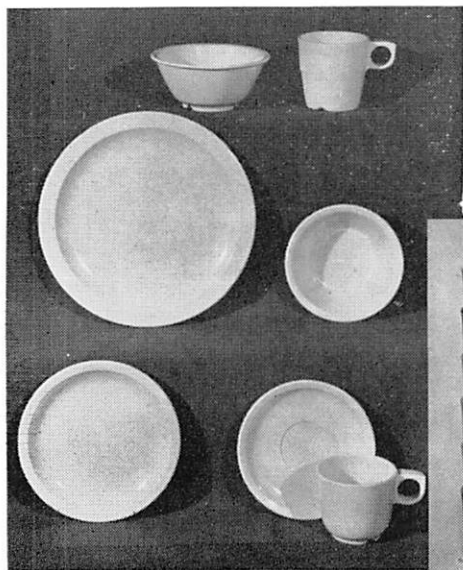
- Cleans
- Cuts Grease and Soap Curds
- Revitalizes
- No Yeast

**SAFE   ●   SIMPLE   ●   SURE**

**MADE BY THE ORIGINATORS OF THE FAMOUS MISTO-VAN  
FOR OUTSIDE TOILETS**

**For further information write to**

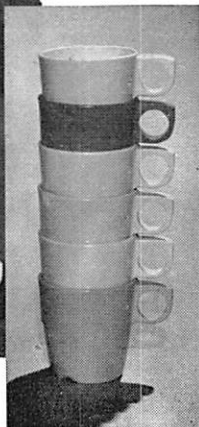
**TILLEY'S LIMITED - 430 College St., Toronto  
INDUSTRIAL SANITATION DIVISION**



OUR "VANGUARD" STYLE  
With Draining and Stacking Features

GET YOUR ORDERS IN NOW  
FOR BETTER ASSORTMENT  
WILL HOLD FOR CAMP OPENING  
LIMITED SUPPLY

Our Usual Pre-camp time  
Offer of Substandards



AT OUR USUAL

**Generous  
Discounts**

ALL STYLES

MAPLEWARE  
STYLEWARE  
VANGUARD  
MODERNE

*by Maplex*

375 Danforth Road  
Toronto 13, Ont.

## FOR CAMPING EFFICIENCY & TIME-SAVING CLEANLINESS

- |                      |                    |                     |
|----------------------|--------------------|---------------------|
| • PAPER TOWELS       | • PAPER SERVIETTES | • PAPER CUPS        |
| • TOILET TISSUE      | • DISINFECTANTS    | • TOILET SOAPS      |
| • FIRE EXTINGUISHERS | • CLEANING SOAPS   | • WASTE RECEPTACLES |
| • DEORORIZERS        | • WATER COOLERS    | • INSECTICIDES      |



G. H. WOOD & COMPANY, LIMITED  
TORONTO - MONTREAL - VANCOUVER  
Branches Across Canada



# BEFORE THE BUSY SUMMER SEASON ... paint and protect your boats!

## RED HAND

### MARINE PAINTS

*"The Finest Afloat"*

#### including:

#### Syndurac Enamels

Attractive and fade resistant, in full and semi-gloss—for all topside uses, interior and exterior.

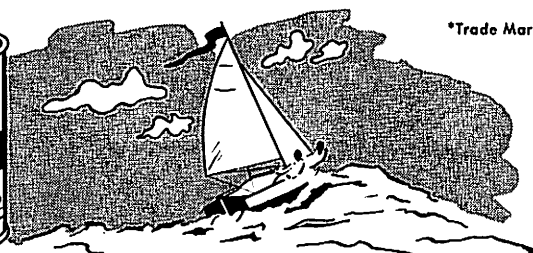
#### Syndurac Epoxy Colors

Proven in service as the ideal coating for *polyester*, metal and wood hulls.

## ROXAPLAST\*

**Polyester-Fiberglass Coating for Boats**

For extra years of boating pleasure, use ROXAPLAST! Its durable coating gives lifetime protection to all boats, old and new . . . and the smooth-as-glass surface improves the performance of any hull! Easy-to-apply ROXAPLAST features a choice of high-hiding, non-sag colors and a premeasured hardener.



\*Trade Mark Registered

For name of local dealer write to:

**ROXALIN OF CANADA LIMITED**

New Toronto, Ontario

# ASK THE MAN WHO KNOWS...

## HOW TO KEEP YOUR CAMP CLEAN AND SANITARY

he'll suggest these  
proven products

- McKemco Special Laundry Compounds
- McKemco H.X.M. Cleaner  
Special Compound No. 15
- McKemco Laundry Soap Powder
- McKemco Wool Foam
- McKemco Paradichlorobenzene Crystals  
for Mothproofing
- McKemco Machine Dish-washing  
Compounds
- McKemco Hand Dish-washing  
Compounds
- McKemco Glass Washing Compounds
- McKemco Sanitizing Agents
- McKemco Pots and Pans Cleaners
- McKemco Insecticides
- McKemco Washroom Supplies
- Whitato Anti-Oxidant to keep  
Peeled Potatoes White
- Bionetic-Septic Tank Activator  
& Grease Trap Cleaner



Your McKemco man's complete line of washing and cleaning products will help you maintain maximum camp sanitation. Write for product literature.

## ASK THE McKEMCO MAN



# McKAGUE

**CHEMICAL COMPANY LIMITED**

**19 Years of Service to Canadian Industry**  
**1119A YONGE STREET, TORONTO**  
**and McKAGUE CHEMICALS (EASTERN) LTD.**  
**421 COURTEMACHE AVENUE, MONTREAL EAST, QUEBEC**



5915R



# CANADIAN CAMPING

Vol. 13

JUNE, 1961

No. 4

## TABLE OF CONTENTS

|   |                  |     |
|---|------------------|-----|
| Putting Adventure Back Into Camping.....                | C. R. Blackstock | 153 |
| How We Run Our Tuck Shop.....                           | Barry Lowes      | 155 |
| How We Run Our Tuck Shop.....                           | Joyce Bertram    | 155 |
| The Happy Camper.....                                   | Margaret Govan   | 156 |
| Counsellors' Responsibilities for Health in Camp.....   | Dr. Harry Ebbs   | 159 |
| No City Crafts For Me!.....                             | Eileen Gardiner  | 160 |
| Small Camp Programmes.....                              | Helen Stewart    | 161 |
| Beware (a report on insecticides).....                  |                  | 162 |
| Report of CCA Annual Meeting—News of the Provinces..... |                  | 163 |
| Greetings from the President.....                       | Ken Murray       | 166 |
| Sermons Under The Sun.....                              | Mary Purdy       | 168 |
| Programme Planning for the Day Camp.....                | Judith Sule      | 169 |
| Feeding a Camp on a Limited Budget—                     |                  |     |
| J. G. Lang and Barbara Lang Ross                        |                  | 172 |
| Toward Better Practices and Higher Standards.....       |                  | 180 |
| A Day of Indian Games.....                              | Walter Mingie    | 181 |

*Cover Cut—Camp Bonaventure—Winnipeg Y.W.C.A. Courtesy Winnipeg Tribune  
Other Cuts courtesy Ont. Dept. of Lands and Forests*

## CANADIAN CAMPING ASSOCIATION

2233 Belgrave Avenue, Montreal 28, Quebec  
HU. 9-1541

*Honorary President—Miss Mary Edgar*

### *Past Presidents*

Taylor Statten, Toronto  
Dais L. Gass, Montreal  
Anne I. Vail, Montreal  
W. E. (Ted) Yard, Toronto  
Irwin Haladner, Toronto  
F. M. Van Wagner, Montreal

### *President*

Kenneth H. Murray

### *Vice-Presidents*

Mrs. Pat Broome, Vancouver  
Rev. R. S. Harper, Winnipeg  
Mrs. Alta R. Kahn, Montreal  
Miss Margaret Govan, Toronto  
Grant McKeen, Edmonton  
Abol Zisi, Halifax

### *Editorial Committee—*

Barry Lowes, Margaret Govan, Katherine Anson, Kirk Wipper, W. E. Yard, Reg Blackstock, Eanswythe Flynn, John Gates.

### *Executive Secretary*

Miss Franaces M. Kelly  
2233 Belgrave Ave., Montreal

### *Corresponding Secretary*

Mrs. Agnes Mutchler  
2070 Lincoln, Apt. 7, Montreal

### *Treasurer*

W. J. C. Hewetson, Montreal

### *Publisher, Canadian Camping*

Fred Haiblen  
170 Bloor Street West, Toronto  
924-7117

### *Editor*

Miss Joyce Bertram  
238 St. Clements Ave.,  
Toronto 12, Ont.

"CANADIAN CAMPING" IS PUBLISHED FOUR TIMES A YEAR BY THE CANADIAN CAMPING MAGAZINE CO. FOR THE CANADIAN CAMPING ASSOCIATION AT 170 BLOOR ST. WEST, TORONTO, ONTARIO. SUBSCRIPTION PRICES: MEMBERSHIP IN THE CANADIAN CAMPING ASSOCIATION INCLUDES CANADIAN CAMPING: TO NON-MEMBERS, 75 CENTS PER COPY, \$2.75 PER YEAR, \$8.00 FOR THREE YEARS. AUTHORIZED AS SECOND CLASS MAIL, POST OFFICE DEPARTMENT, OTTAWA, ONT.

**FOR CAMPS ONLY . . .**

# **THIS COUPON IS WORTH ONE DOLLAR**

## **ONE DOLLAR OFF**

This coupon — when presented to your wholesaler — will give you \$1.00 off the regular price of a case of INSTANT MIL-KO (six — 6 lb. cartons).

TO THE WHOLESALER: Please give Camp Buyers \$1.00 off a case of INSTANT MIL-KO (six — 6 lb. cartons) and redeem this coupon from Mil-Ko Products Limited for \$1.00 plus 10¢ handling charge.

## **GREAT MILK NEWS:**

### ***New Zest in Flavor of INSTANT MIL-KO***



**Mil-ko—100% Owned and  
Operated by Canadians**

**Keep Canadians Working—  
Buy Canadian**

There's a great new 'zest' in the flavor of INSTANT MIL-KO. Kids smack their lips over it and ask for more.

Tastes best when you serve it ice-cold. Delicious!

And the new INSTANT MIL-KO skim milk powder is easy to mix. It's 'crystallized' to dissolve instantly.

High in nutrition too. Only the fat has been removed. An excellent dietary source of riboflavin, protein and calcium. A good dietary source of thiamin and Vitamin C. Also, it is Vitamin D increased.

All this for less than 7¢ a quart!

Write for institutional recipes:

Canadian Camping Offer,  
Box 695, Hamilton, Ontario.

**CANADIAN HOUSEWIVES HAVE BOUGHT  
MORE MIL-KO THAN ANY OTHER BRAND**



# ***Putting The Adventure Back Into Camping***

## **EDITORIAL**

*C. R. Blackstock  
Camp Mazinaw*

Adventure for anyone is a stimulant. It is a stimulant because there are some or all of the following aspects to the event or experience: danger, risk, the unknown, the untried, possible failure, and sometimes healthy fear which induces appropriate caution.

Adventure is an instrument of the educator. Adventure makes the learning memorable because it is tinged with colour and risk and challenge. It can bring into sharp relief the basic knowledge and skills learned and drilled in the "class" situations. Through adventure the untested skills can be proved against the measured or calculated risk provided by the terrain, climate and circumstance.

Knowledge and skills free the individual to act. We recognize ignorance as a binding, limited factor which hems in the very spirit, shrinks it and over a long period deadens it. By adding the element of adventure to educating experiences we give reason for acquiring more knowledge and a wider and more thoroughly developed range of skills.

Someone is sure to raise the question of safety at this point. But what is education, all education, if it isn't safety education. Knowledge increases the chance of survival. Skills learned and

developed reduce the risks associated with action. There is a normal risk in any situation. This risk is increased when ignorance is associated with the situation. Lack of appropriate skills mean awkwardness, a heightening of the related hazards.

In camping we can make full use of adventure in the experiences and in many of the activities that make up its days and nights. 'Let's do this. Good directors have always done it'. Let us all be conscious of this great aid to outdoor education, our specialty.

If the adventures are planned, announced and built up beforehand, there will be a dividend of anticipation. We add purpose to the acquisition of knowledge and skill necessary for the adventure. Campers will strive the harder when they know there is new adventure coming, new experience to be had.

As directors, we have to be prepared for failure which means that the campers have to be prepared for it too. They may come back to camp scraped, weary, wet, bedraggled. They may have lacked the strength, the fortitude and

→

the knowledge to reach the goal. They may have lost or damaged equipment and gear. Even so, if we as directors and staff, have done our job of getting to know each camper of the group and have gauged the adventure to nearly suit the group, the campers will return only to renew their assault.

On the other hand, if they come back having reached the goal even under trying conditions, then, how rich is the experience in retrospect! And what can add more effectively to the self-reliance, the composure and the all-round education of the camper than the experience of scaling the difficult face of the mountain, finding the lost lake, sailing the intricate passages, or more than matching the opponents in the contest. What a pyramid of learn-

ing is contained in these words "I didn't know I could do it!"

Make in-camp activities add to the campers' knowledge of the out-of-doors. Provide the time, instruction and practice so that the campers "habituate" the basic skills. And then, having unbound them, put their feet upon the trails they have not travelled, point their canoes and horses towards the secret places of the wilderness, and their spirits upward to the high places. Adventure will be their constant companion, whetting the appetite for more exploration and discovery.

How else than through adventures can the wonder and the beauty of the creation of the Great Spirit be known!

—●

---

## SENSE OF VALUES

*What are you doing at camp to develop a fine sense of values for your campers.*

Thank heavens for Miss Sophie Jaffe, a public school teacher from New Britain. She got up before the annual convention of the American Federation of Teachers in Dayton, Ohio, the other day and spoke her mind on a subject which might well be closer to the hearts of U.S. parents.

Said Miss Jaffe: Unless American children learn a little about doing without material things; unless their parents teach them that they cannot have everything they want merely by asking for it, the nation will have produced a generation unable to make the sacrifices necessary to preserve democracy.

"We have gone overboard on the idea that, by giving our children the best and the most, we are making them happy, well-rounded individuals who will grow up to be good, adaptable citizens," she said. "Children must learn as children that money and material abundance are not the acme of American democracy."

It isn't at all unusual, she pointed out, for some families to provide television sets for the children's bedrooms, for youngsters to carry portable radios to school.

It's up to teachers, parents and other adults to shift the emphasis back to "what's right and what's wrong" and away from materialistic concepts, Miss Jaffe said. Her remarks need no embellishment here.

Great debates rage about national defense. Yet, nothing can be more pertinent to national—and personal—defense than a true sense of values, not only in the rising generation but in its elders, as well.

—From the New London, Conn., "Day."

—●



## ***How We Run Our Tuck Shop***

*B. G. Lowes Timberlane*

At our camp we have tuck four times a week. A camper is allowed to purchase only one edible item plus any other toilet articles, etc., that he needs. We do not sell T-shirts, Sweat shirts, etc. These are handled by Eatons. Our aim is to keep tuck accounts as low as possible. We do not see our tuck shop as a big source of revenue. On the contrary, the adverse public relations that can result from a high tuck bill can be out of all proportion.

On tuck days an order sheet is placed on each table at breakfast. The counsellor writes down the camper's name and his order. The sheets are collected by our office girl who fills the orders during the morning. The large paper bag for each cabin is picked up by the counsellor after lunch.

Campers write their names on the back of their out-going mail, stamps are affixed in the office and charged to their account.

No line ups, no tickets, no cash, everything is charged. The office girl records purchases on a 3 x 5 tuck card. A deposit of \$10 is put into tuck and the balance is refunded by cheque at the end of the season.

On out-trips, the counsellor draws 25c for each camper to spend, 50c on longer trips. Children who bring cash to camp in spite of our request are asked to put it in the camp bank. Even if someone chooses to keep their cash, they may not spend it in camp and may only spend the same amount as other children on out-trips.

—:—

## ***How We Run Our Tuck Shop***

*Joyce Bertram, Camp Ouareau*

Our Trading Post is open for the campers every day from 5:00 to 5:30 p.m. At this time they may buy stamps, films, toothpaste, notepaper etc. We do not sell sweatshirts, pennants, crests or whatever.

Trading Post is open for the purchase of "tuck" three days a week for Intermediate and Senior sections of camp. Juniors have cabin delivery just before rest hour each day. Campers may buy 7c worth of candy or fruit three times a week. We do not sell gum or soft drinks.

There is a large window outside the Trading Post and a counter set up inside for display of these goodies. Campers take what they want as they pass by and give their name to the person in charge. Their purchases are recorded on a large poster which has been ruled off so that there is room for eight or ten columns after each name—stationery, films, tuck, laundry, church collection etc. This is totalled near the end of camp and entered on camper's ledger sheet and bill. Campers do not need money for any purpose whatever. The counsellor in charge of canoe trip takes tuck for everyone.

Counsellor's tuck is sold after the campers, six days a week. Accounts are kept in the same way. The only concession to counsellors is the addition of cigarettes. The entire performance lasts no more than half an hour. No accounts are done until the end of the month.

—●—

# THE HAPPY CAMPER

*by Margaret Govan*  
*Camp Onawaw*

Of course we all want happy campers; we take it for granted; in fact I am afraid that we take it for granted that our campers are happy—except for those that make us well aware that they are not. But I am certain that we have a great many campers, you and I, that we shouldn't classify as unhappy; but neither should we classify them as happy. Interested, yes; co-operative yes, but not bubbling over with happiness.

The camper who is a happy child by nature, will be happy as a king in most of our camps. The trouble is that many of our children are not naturally happy. How could they be? They have a strange nursery . . . a world of tension, fear, trouble and struggle; a man-made, materialistic world where even the child consumer is being battered on every side, to consume more, and so become less self-sufficient and self-reliant all the time; a world of values which cut across other values; a world of change and upset, quite unpredictable from day to day; a world without roots! And our children reflect the world. So children bring to camp what Fritz Redl called 'shadows from home'—worries, tensions, fears, aggressiveness, hostility, prejudice, and values which are anti-social, unethical, even immoral.

However, most children are flexible enough to react very quickly to an

atmosphere, and if the shadows are not too black, there is a great deal that we can do to produce a sheltered interlude, a programme full of interest and fun, and harmonious human relationships, in other words a climate where the normal, every-day youngster has a good chance for happiness. Not that we can make a recipe; happiness is a by-product of deep seated contentment and a feeling of well-being. These, in their turn, are the results of the meeting of needs, both sub-conscious and conscious. Some of those conscious needs must be changed . . . they are also shadows from home . . . by substitution and changed attitudes brought about by good leadership. If we can concentrate on these needs, we are far more likely to have a larger crop of happy children.

There are various areas of need. The first is for health and safety. The standards committee in our province is dealing with that; any camp director who takes a chance in this area, cannot be truly concerned about the welfare of his campers.

A camper requires good, nourishing food in large quantities. Food is the foundation stone of good public relations. Enough said.

A camper needs sufficient equipment in good working order, to carry out the programme. Equipment is a tool, not to be confused with leadership, but necessary to the leadership.

The arrangement of the cabin group is very important. To quote Fritz Redl again: there should be enough differences to make life interesting; enough similarities to make a working group. And what is enough? So much, said Professor Redl, and I am still trying to find the answer! You can only do your best.

The two remaining areas are Programme and personal relationships. Since programme is the easier, let's attack it first.

A camper must achieve, he must know he is making progress; and how he loves other people to know it too! So we must teach skills suitable to the age and ability; we must teach those skills well; we must allow sufficient time for teaching periods, and we must encourage regular attendance. We must acknowledge progress through praise, or through the passing of a test, or through a legitimate opportunity to show off . . . a water regatta, building a fire for the campfire, helping to prepare a meal, the opportunity to get out into a canoe as soon as the requirements have been learned. skipping a sail boat, sterning on a trip, exhibiting a piece of craftsmanship.

Cooperative achievement too has its place . . . in a skit, in a water pageant, in the choir, in the preparation of a meal, being a member of a trip.

A camper must have adventure . . . something that is new and different, something to write home about. something which will become a satisfying memory. Again adventures vary with age, experience and interest. We are

lucky for all of camp is adventurous and nature is continually on our side. There is the great variety provided by trips of all kinds with goals varying from a heronry to a deserted mine. There are discoveries and new experiences: seeing a snake shed his skin, catching a fish, picking berries and making jam. There are surprises like treats or interesting visitors; you can go on forever.

A camper must belong. His own bed, his own chair in the dining room are

He needs food for thought and spirit, for a boy cannot live by bread and exercise alone. Much of this food will be provided as associate learnings; some things must be offered with great and painstaking effort on some one's part. Never, never underestimate the power of a play, a story, a talk or a sermon.

To turn to the last area, and the most difficult: human relationships. A just beginnings. He needs to know something about his immediate environment, so different from his city home. A counsellor must provide physical security by his actual presence, must interpret and act as guide. As a camper learns the names of his neighbours, trees, and birds and beasts, they no longer have power over him. Magic? Yes, but white magic.

Sufficient routine, explanations of rules and limits, also help him to adjust.

The camper needs to work for the good of the group and of camp. He must do his share of cleanup; he must take his part in worth-while work projects (he must accept them as worth-while) and they must be within the compass of his ability, though not too easy.

He must have opportunities to participate in the life of the small group





... paddling his weight both symbolically and literally. He must be part of whatever projects the group carries out. If he has no dramatic ability and the group are putting on a skit, he can announce or be property man, but he must not be left out. Sometimes he must be the leader of the small group, if only for a minute or so; sometimes the follower. And how hard it is to help the blushing violet accept leadership, or the born leader to relinquish it!

Curiously enough, especially in the teens, he must also experience the sense of being lost within the community. This can happen in a sing-song, at chapel, in the dining-room, through large competitive games when all camp is involved. Thus he has little responsibility but is united with all the others.

He needs friends. He may need help in learning the skills of making friends. He will need time to talk, opportunity to do things in pairs and threesomes. He needs, too, to make friends with interesting adults who have varied hobbies, skills, ideas and experiences, so that his horizons can grow.

camper should never be exposed to a wrangling staff, or to bad temper, jealousy, tensions between adults, and all the other upsetting relationships that we are so prone to fall into. For the interlude of camp he should see adults behaving in a mature, considerate way, to each other, and to the campers.

Every last camper requires concern and respect from every member of the camp staff, and his own counsellor in particular. It begins with respect for personality, with the differences in appearance, experiences, aptitudes, attitudes, and all that makes John or Jane Camper different from George and Jean.

Interests will vary. There will be the ordinary, every-day camper who wants

to go along with the gang, to learn to swim, to camp out, to play baseball; there will be the camper whose hobby is his very life's blood, and the youngster who has no interests at all. And all the in-betweens. If a certain amount of programming is done from the level of the cabin group, all can be taken care of, providing the counsellor is aware of these variations.

There must be respect for the camper's accomplishments no matter how old a story they are to the counsellor. And there is an equally important aspect of this: the counsellor must know of John's potentialities and deficiencies. There are fast learners and slow learners, and this varies in physical and mental skills. There are people who will be able to do things exceedingly well, and those who can never make the grade. The counsellor must urge each camper to do his best, and never to be satisfied with less. The counsellor must accept that best even if it be very poor. We can make a camper wretched in either direction.

And a counsellor must be made to realize that able people may have blind spots. Anybody who has had trouble with mathematics will understand this but it is so difficult to make a well-coordinated swimming teacher understand that no matter how hard Bobbie tries, he will never achieve a rhythmic crawl. If some of this enters the counsellor's head and he acts upon it, Tom will never complain of 'being pushed round'.

A camper's privacy must be respected, his day dreams, his reticences, his modesty . . . even if it be a false one (or does this apply only to girls?) Jean may object to undressing "in public". The counsellor may say: So what! But this has meaning for Jean,

*turn to page 182*

# COUNSELLORS' RESPONSIBILITIES FOR HEALTH IN CAMP

Few will disagree with the statement that parents send their children to camp to have a good time in a healthy and safe environment. Thus health is one of camping's main objectives. If good health is not improved or at least maintained, then the camp experience has, in most instances, been a failure.

The trend in medical practice among children is towards a preventive outlook. This trend is becoming more widespread in the medical arrangement of organized camps everywhere, and is in contrast with the old idea of treating things after they have occurred.

The responsibility for putting the health of the camp on a preventive basis rests with two divisions of the camp personnel: (a) the Medical Staff—Doctor and Nurse; (b) the Camp Staff—Director and Counsellors.

## RESPONSIBILITY OF THE MEDICAL STAFF

(1) A report of a medical examination by the camper's own physician, together with all the facts which might be important in the event of any condition arising while the child is at camp, should be sent to the camp physician just before the opening date. An examination and report more than a week before camp opens, loses a great deal of its preventive value. A physician who has been supervising the health of the child previously, can give valuable advice regarding special and

*J. H. Ebbs, M.D., M.R.C.P. (Lond.),  
F.R.C.P.(C),  
Medical Director, Taylor Statten Camps*

important points for insuring optimum health for the individual camper.

(2) A superficial medical examination can usually be made by the camp physician at the point of embarkation for camp, on the train to camp, or at the point where campers meet to enroll in the camp. If this is done before campers have mixed and come in too close contact with each other, it has a preventive value in eliminating early cases of infectious conditions. For example — an examination of the mouth, throat, tongue, inside of the cheeks and the skin of the neck and arms, will take only a few moments to carry out, but it will serve to detect infectious conditions which could be spread during the close contact necessary in travel and at the opening of camp.

(3) A regular complete physical examination of each camper by the doctor should be carried out during the first day.

*turn to page 170*

*If you have tried in vain for a "Campy"  
Craft Programme - here are some more ideas*

## **No City Crafts for Me!**

*by Eileen Barfoot Gardiner,  
Instructor in Crafts for Camp.*

The teaching of crafts in camp need not be on a lofty and elaborate scale. Particularly is this true if the camp happens to be a small one, or a church or organizational camp where funds are not available for large expenditures, and ingenuity must compensate.

The purpose of the programme is to teach by feel, association and achievement, to bring together the campers in co-ordinated groups, and to give them a memento to take home. Side effects are many: a keen interest in a new hobby; a new awareness of natural materials which can be used in crafts projects; and a realization of that individual talent and power our Creator has given us with which to bend these things to our needs.

A crafts project might be carried on in two periods each day, one for research and instruction, the other for achievement. The first period can be used for demonstration. At this time I go over each individual project with the group, and find that they listen and observe to their advantage, as well as comment and suggest. Then, in the second period they work by themselves as much as possible, so that a sense of personal achievement and independence can be developed in them. I let them make mistakes, but keep criticism on a very constructive scale (and always with a smile). I make a few mistakes of my own too, so that the group will accept the mis-

takes of everyone as a natural procedure. The more the teacher can relax and be natural, the more fun the programme can be, and the more smoothly the work will continue.

I have found that the children are much more ingenious than adults, simply because they have not yet learned that some things can't be done. They find a way around a difficulty much more readily than we, in our set ways, will allow ourselves. They, literally, seem to overcome the impossible and invent ways and means of overcoming obstacles. Once raised their enthusiasm and they are on the way to success, working together and sometimes teaching each other, especially when it comes to murals and other joint projects.

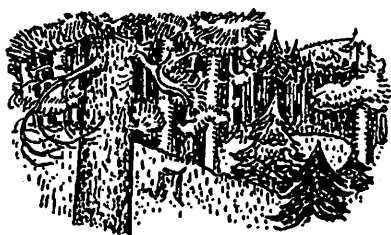
To most children up to eleven years of age, perfection means little or nothing. A reasonable facsimile of a model or craft fills their need at the time. Once they approach the Teens, they want to master techniques and finish their projects properly. At this stage, a teacher should not finish things for them; rather, show them how, and let them proceed by their own method, at their own speed. They will try again if they fail, or attempt something else they can master.

*turn to page 176*



# SMALL CAMP PROGRAMMES

by Helen E. Stewart,  
*Director, Camp Wahcahmie*



One of the joys and advantages of the small camp is to be found in programmes and projects in which the entire camp is involved. Two such events are anticipated and welcomed during the camping year at Wahcahmie, and serve to unite the entire camp group as one happy family early in the camp period.

Since our camp family is small, many ideas can be suggested and carried out *en masse*, and one of our most successful offerings came from the night we all slept out under the stars, at the site not too far removed from our main lodge and cabins, and previously chosen by the whole camp.

It all began with an afternoon swim in the sun followed by a campfire meal cooked by the campers. General clean-up and preparation for sleeping followed, and then came the big campfire completely circled with its ring of happy faces, its camp songs, its campfire circle games. The entire group was introduced to the adventures of Tadger; and everyone became so intrigued by his antics that an annual Tadger Night was instituted then and there . . . proposed, voted and carried unanimously.

We found that for many campers this was an ideal initiation into the thrill of sleeping in the open air, and of providing an orientation for the new campers, so that on the return to camp, a feeling of belonging undoubtedly prevailed . . . a tangible feeling, the importance of which should never be minimized.

One of the highlights of our camping period each year is our Water Carnival and Campsite Supper for parents and visitors. We originated the day for

*turn to page 184*

# BEWARE!!

---

Many devices and techniques have been proposed for comfort in camping. One of these is the ever increasing use of insecticides available in a number of plans. On the surface it would appear that this is a logical, desirable method for reducing the living things in our camp environment which we classify as pests. We are assured that it does relatively little harm and an enormous amount of good. But is this really true? Have the vendors of insecticides truly explored the consequences of its use? Has time been taken to analyze the immediate and long range implications of insecticides in our camp environment. One author *promoting* insecticides recently made this comment: "Modern insecticides are so numerous and effective against so many pests it is often difficult to decide which to buy". Does this sound as though careful guidance and reasonable management has been offered?

Apparently there has emerged from qualified wildlife scientists a number of warnings about the consequences of some insecticides and some techniques of applying them. Considerable immediate damage has been inflicted upon the associated living things — for example, birds, small animals, amphibious reptiles and even fish. The natural world is interdependent — no group of living things such as insects can really be isolated from all other living things. What affects one, must in the long run affect others too! Furthermore, results may be much more serious than the immediate damage problem. It has been suggested that *infertility* is one of the long range problems positively linked with insecticides. Little imagination is required to recognize the complications of this discovery!

Surely people dedicated to the values of camping and the environment where camping must take place, can see the need for careful management of our natural surroundings. With exploding world populations and acute food shortages, we are obligated to practice and teach the principle of protection and care for our wilderness resources in an attempt to prepare our children for what lies ahead.

Let us beware of possible threats to our natural environment, including the careless and unqualified use of insecticides. Let us not be victims of what the Author of "Stupidity Street" so vividly portrays:

I saw with open eyes  
Singing birds sweet  
Sold in the shops  
For the People to eat,  
Sold in the shops of  
Stupidity Street.

I saw in vision  
The worm in the wheat,  
And in the shops nothing  
For people to eat;  
Nothing for sale in  
Stupidity Street.

—Ralph Hodgson —●

---

(In the Fall and Winter issues we hope to run an article or series of articles on "Why Do I Direct a Camp?" If you would like to contribute your two cents worth, drop a line to the Editor at the Ontario Camping Office.)

---

## ***Report of The C.C.A. Annual Meeting***

Held at the King Edward Hotel, Toronto, March 23, 1961.

The President, Mr. VanWagner, extended a welcome to all present and noted with great pleasure the fact that for the first time there were representatives from every provincial association. They were:

Mrs. Pat Broome—British Columbia  
Mr. Grant McKeen—Alberta  
Mrs. Lois Pinfold—Manitoba  
Miss Margaret Govan—Ontario  
Mrs. Charlotte Birchard—Eastern Ontario  
Mrs. Alta Kahn—Quebec  
Mr. J. D. Mackie—Nova Scotia

In addition, the following delegates from beyond the Toronto area were present:

|                              |                         |
|------------------------------|-------------------------|
| Catherine VanWagner—Montreal | Agnes Mutchler—Montreal |
| Mary Hackett—Ottawa          | Ron Johnstone—London    |
| Anne Vail—Montreal           | Don Groff—Kitchener     |
| John Dolton—Montreal         | Lou Handler—Detroit     |

Each delegate gave a brief report of the affairs and progress of her provincial association during the past year. Excerpts from the reports follow:

### **British Columbia:**

Mrs. Broome reported that there are now 97 resident camps in British Columbia. The executive see their greatest task to be finding some way to unite these camps into a vital force to raise the level of camping standards in B.C.

A Conference was held in April, 1960 at University of British Columbia in cooperation with the University Camping Committee. There were 120 registered delegates.

A similar Conference will be held in April 1962 at a Camp site. The theme will be "Improved Camping Through Improved Camping Skills".

### **Alberta**

Mr. Grant McKeen reported that the Alberta Association had divided into a northern and southern section due to the long distances involved. As it is, there are still members who travel hundreds of miles to attend meetings.

The Alberta government has been helpful financially by underwriting the cost of the bi-annual Conference.

Mr. McKeen feels so confident about the strength and growth rate of his association that he has invited the Canadian Camping Association to hold its annual meeting in Alberta in 1963.

Family camping is burgeoning in Alberta and the Alberta Association offers a camp site information service to the public through its office. They believe that their greatest growth potential lies in the area of family camping.

→



## **Manitoba**

Mrs. Pinfold reported that membership was growing steadily and that monthly meetings were being well attended.

For the past two years a committee has been working on standards, based on the Ontario Standards, and are now ready to begin a programme of camp visitations this summer. Many camps have requested visits and would like to have some "Seal of Accreditation".

They have 15-20 camps not affiliated with M.C.A. but every effort is being made to draw them into the association.

On March 18th a clinic was held for 77 committee and board members at the University of Manitoba. The theme was recruiting and training staff. Rev. Wilbur Howard was the key speaker. In May a conference for counsellors will be held in Brandon.

## **Ontario**

Miss Govan reported that membership in the Ontario Camping Association was now 372 with 166 of these being camp members.

The work of the association is divided into 12 active committees: Conference, Conservation, Public Relations, Publications, Counsellor Placement, Membership and Directory, Constitution, Legislation, Finance, Standards, Open Meeting and Canoeing Awards.

At this years Conference there were 770 registered delegates.

The Standard Program was moving ahead steadily with 102 camps visited to date. A general accord has now been reached on the purposes and direction of the standards program, clearing the path for a strong and concerted effort towards raising camping standards in Ontario.

## **Quebec**

Mrs. Kahn reported that the regular committees have been functioning efficiently as attested to by the Placement Bureau which has doubled its number of registrants.

The editorial committee has been forwarding articles to the National Editorial Committee for the magazine.

The Quebec Association has two major goals for 1961:

1. To secure a government charter incorporating the French and English sections into one Association, each retaining its autonomy, operating separately in some areas because of language difficulties, but jointly on the Provincial level. The Charter was granted in March.
2. To visit and appraise all camps in 1961. The Standards Committee drew up a Manual of Desirable Practices which has been used by visitors for two years. A committee has been working on a marking process that will ensure confidentiality.

Mrs. Kahn extended a warm invitation to all members of C.C.A. to attend the 1962 Conference in Montreal.

## **Nova Scotia**

Mr. Mackie reported that his association concentrates its efforts in two areas:

1. Annual Conference: with excellent resource people from Service Clubs, Government departments and national organizations. In 1960 the same was "Health and Safety". In 1961 the programme will include participation sessions in Waterfront and camping skills.

2. The Quarterly Newsletter which reaches all members plus allied groups.

The association is experimenting with non-voting memberships offered to Junior Leaders, that is counsellors, C.I.T.'s etc. These members are permitted to join the association and enjoy the opportunities of training under experienced leaders. If sufficient interest is shown, special sessions will be held for them at the conference.

## CANADIAN CAMPING MAGAZINE REPORT

Mr. Barry Lowes reported that the four issues of the Canadian Camping Magazine are the real reports.

This past year, Mrs. Flynn gave up the editorship of the magazine due to her own heavy personal work but has agreed to remain on the committee.

Miss Joyce Bertram stepped into the gap and is doing the paste-up of the "dummy" that goes to the printers. It is a big task and she is doing a splendid job of it. The proof reading is done by Miss Wilda Watson, which is a great deal of painstaking work for which we are indebted to her.

The problems of the magazine are three-fold:

1. Getting people to work on the committee.
2. Keeping the hungry dragon fed.
3. The lack of country-wide material.

Quebec and, in particular, Mrs. VanWagner has been most helpful with contributions to the magazine this year, for which the committee is most grateful and hopes that the flow will continue unabated.

One or two articles have been submitted from the west but contributions are needed from all provinces if the magazine is going to be worthy of the name, Canadian Camping Magazine. Each province is urged to make a point of sending articles to the editorial committee.

Since "letters to the editors" are not received, the committee is never sure of how the magazine is being received by the readers. They would welcome any criticisms and helpful suggestions as to how the magazine can serve the members more effectively.

## President's Report

Mr. VanWagner thanked those who had given such an interesting picture of the work of the provincial associations to the meeting. Signs of growth are apparent in the concerns expressed in raising camping standards and improving the financial position of the association.

A recent questionnaire sent to the provincial associations showed that there are between twelve and fourteen hundred camps in Canada serving over two hundred thousand boys and girls.

The President thanked the membership for its support and cooperation during his term of office. He paid particular tribute to Miss Frances Kelly, the Executive Secretary of C.C.A., whose interest, skill and knowledge of camping affairs made it possible to keep the lines of communication open to all the provinces.

Mr. B. Lowes moved a vote of thanks to the President for his indefatigable service to the association, not only during his terms in office but also throughout the years as a member of the C.C.A. executive. The sustained applause evidenced the feelings of all those present.



## Report of the Nominating Committee

The slate of officers for 1961 was read by the acting secretary.

In the absence of the newly elected President, Mr. Ken Murray, Mr. VanWagner remained in the chair. He expressed regret that Mr. Murray was unable to be present. As immediate past President, Mr. VanWagner spoke highly of the incoming President promising his cooperation and soliciting the support of the membership for the new Executive.

Hon. President—Miss Mary Edgar

Past President—Mr. F. M. VanWagner

President—Mr. K. H. Murray

Secretary—Mrs. Agnes Mutchler

Treasurer—Mr. W. J. C. Hewetson

Executive Secretary—Miss Frances Kelly

Vice-Presidents: Mr. A. Zisi, Pres. Nova Scotia C.A.

Mrs. A. Kahn, Pres. Quebec C.A.

Miss M. Govan, Pres. Ontario C.A.

Rev. R. Harper, Pres. Manitoba C.A.

Mr. G. McKeen, Pres. Alberta C.A.

Mrs. P. Broome, Acting Pres. British Columbia C.A.

It was unanimously approved by the members.

—: :—

## GREETINGS:

I was highly honoured on February 23, 1961, when, at the Annual Meeting of the Canadian Camping Association, I was elected President.

It has been my good fortune to have known all of the Past Presidents of the C.C.A. and some have been close friends. Their contributions have been great and it would take a much better man than I to stand up and make promises to do anything which might bear any resemblance to anything they have done.

As I look back I see tremendous progress which has been made and as I look ahead I know I am not going to carry anything alone. We can not show progress except through team work and this I am sure will be done. We have a strong Executive and with our Executive Secretary, Francis Kelly, we can be sure of an efficiently run office, which is no necessary for an effective organization. We could never go back to the volunteer office work of the earlier days of our Association.

Actually our Canadian Camping Association is no better than our Provincial Associations and it is up to all of us to keep each link strong across our whole Country. You are the Canadian Camping Association representatives in your own provinces. Our binding links are the Executive and the Canadian Camping Magazine.

In closing my first remarks as President, I should like particularly to congratulate Barry Lowes and the Editorial Committee for their fine work on the Magazine. It is the voice of the Canadian Camping movement and it is a credit to our Association.

KEN MURRAY—

*President Canadian Camping Association.*

—●



# CAMPERS

FROM 8 TO 80

IT'S FOR YOU!  
THE MOST PERFECT BEGINNERS  
KIT EVER OFFERED!

## GET YEARS of SPARE-TIME PLEASURE



### KIT INCLUDES

8 tools; 9 popular  
precut leather projects  
(billfold, wallet,  
etc.); lacing; leather  
finish; easy instructions;  
FREE six month  
subscription to "The  
Leather Craftsman."

WHEN YOU BUY A  
**MODERN  
LEATHERCRAFT  
KIT . . . . . \$14.95**

Earn money enjoying "spare time" . . .  
with leathercraft! Expert methods, instructions help you *learn* while making items that sell. Carl T. of Cincinnati earns \$400 a year "extra". You can too, order your Modern Leathercraft Kit today!

Write for **FREE 64** page catalog

**TANDY LEATHER CO.** SINCE 1919

P.O. BOX 340-CC

BARRIE, ONTARIO

# NOW

## PIES FOR CAMPERS

Wise campers use Stafford's pie filling and bake a pie in **HALF THE TIME**. Stafford's pie filling is ready-to-use. Just pour it in the pie shell, and pop it in the oven. Out comes a tender, flaky pie no camper can resist, with his favorite filling—pineapple, mincemeat, raisin, raspberry, blueberry, cherry, apple, boysenberry, apricot or peach.

Do as the wise cooks do. Keep your campers full and happy with Stafford's delicious fruit pies.



# Stafford

**FOODS LIMITED**

BRANCHES:

MONCTON, MONTREAL, WINNIPEG, CALGARY, EDMONTON, VANCOUVER

37 Hanna Ave. - Toronto

# Sermons Under The Sun

Mary Purdy,  
Y.W.C.A. Camp Tapawingo.

The best sermon under the sun is one that is not "preached". Children do not like to be "preached at." Rather, do they like to share some thought of yours—or better still, to share some thought of theirs with you. It has been my experience that a small thought with a large meaning can best be grasped and understood by young persons. The thought they grasp immediately, the larger meaning behind the thought will grow and develop as the child grows and develops. It is important that these thoughts you share with your campers and staff should apply to you also. In fact, you should be careful to point out that they do apply to you.

God has created a new day,  
All silver and green and gold,  
Live that the sunset may find you,  
Worthy its gifts to hold.

These four lines even the youngest child can understand. Just for to-day, I have to be kind, love my neighbours, be lovely, do no ugly or mean thing. One day is an easy span of time for children to comprehend. Later, those same children will realize that such attitudes practiced one day at a time have become their patterns of behaviour for all time.

Children like little poems. Thoughts in rhyme tend to linger longer in their minds.

Let me be a little kinder,  
Let me be a little blinder,  
To the faults of those around me.

—Or—

I have to live with myself  
And so, I have to be fit for myself  
to know,  
I don't want to keep on a closet shelf,  
A lot of secrets about myself.

—Or—

God who touchest earth with beauty,  
Make me lovely too.

The best sermon under the sun, very often, is the thought we share with each other at flag raising—as we begin,

together, a new day, all silver and green and gold. We sit on the rocks at our camp, each morning, facing the east, watching the sun creep up over the hill, over the tree tops and, finally, over the dining hall roof. We listen to the slap of the water on the shore behind us. We see and hear a new day dawning. We know we have a fresh, new, shiny day in which to be a little kinder, a little blinder, a little more lovely than we were yesterday. It really matters little that we can not hear all the words of the poem or story being read by that particular camper on that particular morning. We are sharing something very lovely in the presence of each other, the dawning of a new, silver and green and gold start. We know by the reader's expression that she is saying something that is important to her—and, so to us.

Every child and every staff member has some precious thought to share with you and the rest of the camp. Encourage them to share it. Have plenty of reference material easily accessible to the cabin group and also to the camper council as they plan their thought for the day or plan for the Sunday Chapel Service. Let them talk to you. Don't you do *all* the talking *at* them. Because, little shared thoughts with homely meanings are the best sermons under the sun.—This poem by a camper tells us so.

## A CAMPER

I feel, dear God, I'd like to pray  
About the things I've seen today,  
The flowers and trees with heads  
held high,  
The grasses, birds, and blue of sky.  
The wonder of it is so fine,  
It doesn't seem that it is mine,  
The asters, roses, poplars and pine,  
Sweet honeysuckle and light  
columbine.

I've seen some lovely things today.  
I feel, dear God, I'd like to pray.

—●—

# PROGRAMME PLANNING For The DAY CAMP

*Judith Sule,  
Scarborough Y.W.C.A.*

In a broad sense nearly everything that happens in your camp is programme, for quite as much developing of campers as persons may go on in the bus trip from town, in the pool dressing room, in the camp council meeting, as in an afternoon special activity of the Red Devil's group. However, in most Day Camps, when we speak of the "Programme", we mean those activities organized around the needs and interest of boys and girls from 8-12 years of age, who are with us for a definite period of time during the day.

Because needs, interests and abilities are basically the same for all children in this age group, there are certain established areas of programme emphasis which are likely to appear in any Day Camp Programme. Opportunity to make new friends or join old ones, to learn new skills, to experiment with arts and crafts using supplies or natural materials, to live with heightened awareness in the out of doors—all of these are most important.

It is not so much how programme is planned that is of major importance, but why. We are living in uncertain times. Present restlessness is a reflection of this. Young people are "on the wing" and show a reluctance to attach themselves to anything that might mean responsibility or continuity of effort. A director has to find ways to make informal programme mean something

beyond the recreation of the day. Each child should be caught, not taught, by the wonder of life.

Delight seems to be the missing ingredient in most camp programme. The over-organized period type of programme does not give a child a chance to be himself, to stop and soak in some atmosphere, to hear a bird call, or watch a flower trembling from the assault of a pollen laden bee, to lie freckled with sunlight watching a pert squirrel gather his dinner. To live with delight is the greatest gift anyone can have. In planning programme think of looking for staff who can create the climate for fun and are not merely skilled wardens of the group of ten.

Outside of the constants which every good programme contains such as, opening, lunch and rest period, special activities, parents night and closing, you should plan for each group to experiment with free time. In the winter children run from one organized activity to another. They rise and set with bells, as do their parents. Summer is the golden time to store memories, as well as Vitamin D. A great deal of learning in group living can go on in a "what would you do if" session. e.g. The counsellor sits down with the group and asks what would you do if

*turn to page 178*

from page 159

(4) Information regarding special care, special needs, requests from family physician and parents, diets, serum injections, rest, etc., should be compiled as early as possible by the doctor, and given to each member of the staff who will have responsibility for the camper—(Counsellor, swimming director, dietitian, riding instructor, etc.). Much of this information can be sent out or at least prepared before the opening of camp. It is embarrassing to find that in the rush of opening days in camp, some important medical or dietary instructions have been overlooked for a week or more.

(5) Records of weight kept by the medical staff should be made at frequent intervals to check and guide camp activity for the individual camper.

(6) Sanitary inspections should be under the direction of the medical staff.

### RESPONSIBILITY OF CAMP STAFF

The activities of each camper throughout the 24 hour period are under the guidance and supervision of the staff. Here the counsellor serves as the most important single force in determining whether or not preventive measures are practiced in the daily routine of the camper. A few brief notes are listed upon some of the points which deserve consideration by a first-rate counsellor.

(1) *Daily Inspection* — A thorough daily inspection by the counsellor of each camper will locate early signs of health defects and enable preventive measures to be undertaken.

(2) *Morning Dip*—This should not be compulsory. It should not be allowed

for certain children who show a tendency to over-tiredness and children who are underweight. In any case, it should be a dip, and not a swim.

(3) *Teeth*—Improper care of the teeth during a camp season can result in definite damage and may break a routine which has been established at home.

(4) *Airing of Beds*—This is more important in tents and summer cabins than in a city home. The cleanliness and changing of bed linen is a preventive factor in such diseases as impetigo. A bed-wetter will not be able to hide this trouble if airing of beds is enforced.

(5) *Clothing*—In early morning, clothing should be heavier than at any other hour of the day, particularly after a morning dip. Sweaters and coats can be discarded after breakfast if the weather is warm.

(6) *Sun-Tan*—This should be acquired gradually. The skin should be covered before you think that a burn can start. The time of exposure can be increased each day.

(7) *Fatigue*—This is one of the most important things to avoid. Excessive tiredness over a period of time can do a great deal to decrease the benefits of camping. When present, it increases the risk of infections. Prevention of fatigue is most important during the first and the last weeks of camp. It requires some study on the part of the staff to pick out those children with low tolerance to certain activity. The exercise tolerance for each individual is variant.

(8) *Rest Periods*—The rest hour after lunch and the early morning period before the rising bell are important times for supervision. Bedtime should not be a "bedlam". The last half hour

of the evening programme should tone off to provide a suitable frame of mind for sleep. An evening programme which ends with a "bang" or is late in ending is a failure from a preventive medical view.

(9) *Swimming*—Long swims of distance or time should be discouraged, as they serve no useful purpose and might produce physical harm. Diving is not desirable for campers with a tendency to frequent colds and sinus trouble.

(10) *Hot Bath*—At least once a week is an essential for all young children. It is a good preventive for all ages against skin infection.

(11) *Towels*—A clean towel for each camper is necessary; towels should not be shared.

(12) *Mealtime*—A child at camp needs a balanced diet more than at home, as he is more active. Behaviour at mealtime is important in determining his mental and physical health. Loss of appetite should be regarded as an early sign of some upset (mental or physical). Loss of appetite often marks the onset of an illness. Dining room "atmosphere" will, in some individuals affect appetite and digestion.

(13) *Canoe Trips* — Inspection for minor cuts, scrapes, slivers, etc., is more important while away from medical help. Instructions in first-aid treatment suitable for possible emergencies in the individual camp, should be studied and taught by the camp physician before trips are sent out.

(14) *First Aid Kits and Remedies*—These can be packed away. The counsellor can point out that the camp provides the necessary equipment. In this way the medical staff will be consulted early for all minor cuts, etc.

(15) *Laxatives*—The bringing of laxatives by campers from home should be discouraged. The diet should be regulated to take care of proper elimination.

(16) *Riding* — Injuries while riding horseback, such as cuts, wounds and scrapes, are most important and should be reported to the medical staff at once.

### STAFF MEETINGS

Health conferences at intervals during the camp season can do much to foster close co-operation between staff and medical personnel. General camp health programme as well as the health of individual campers can be discussed.

The idea of prevention in the camp health programme can be profitably brought up at crucial periods during the camp season. For example, the first and last weeks are the periods when fatigue is most evident.

While health must be a major consideration in the programme at all times, it must become a basic reality of the everyday life of the camp rather than existing as a self-conscious, specialized aspect of camp activity. Health should be practiced rather than preached; and its ultimate aim should be not how much children know about it, but the place they give it in their daily lives.

*Reprints of this article may be secured from the office of the Ontario Camping Association, 93 Yorkville Ave., Toronto. Price 10 cents.*

—●



*With food costs spiralling this article  
makes interesting reading*

# **Feeding A Camp On A Limited Budget**

*by J. G. Lang, Manager, Macaulay Camp  
and Barbara Lang Ross.*

Just as the "army travels on its stomach", the success of a summer camp depends on the food. The challenge presented in feeding a welfare camp is to prepare meals that are tasty and nutritious on a limited budget. This can be accomplished by wise buying and good cooking.

Therefore, your camp cook is a very important member of your staff. The cook should be able to prepare meals that are attractive, imaginative and economical. The ability to literally "measure stomachs", thus eliminating waste, and to use leftovers, is of great importance.

Macaulay Camp is owned and operated by the Montreal Presbytery of the United Church of Canada and is situated at L'Original, Ontario, on the south side of the Ottawa River, five miles west of Hawkesbury. It is essentially a camp for mothers and small children who cannot afford a summer vacation of their own. These welfare groups are divided approximately into one-third mothers, one-third children from 6 to 11 years of age, and one-third children under 5 years of age. About 10 per cent of this last group are of "high chair age". The counsellors are volunteers and are recruited from the churches of Montreal. The remaining time available during the summer is used by the Young Peoples Union and the Cubs from the Laurentian area.

A registered nurse has the responsibility of preparing, arranging and supervising the feeding of the babies under two years of age. She and the cook must work in close cooperation. Canned baby and junior foods, milk puddings, cooked breakfast cereals, stews, prepared vegetables and fruit juices are used for this age group.

These children are fed one-half hour before the general meal. The nurse arranges the food on a large table in the dining room and the mothers bring their babies, place them in high chairs, and feed them. The nurse watches and advises. It is an excellent time for a close association of "mother and nurse".

The Director and counsellors eat in a separate dining room before the main meal so that they will be able to wait on tables and supervise the babies on campus while the mothers and older children are eating.

The main dining room is equipped with tables which seat ten persons. The seating is arranged as follows:

1. Mothers only.
2. Mothers and young children who are not able to eat their meals alone.
3. Young children.
4. Older girls.
5. Older boys.

One of the most important points to stress with the counsellors waiting on

table is that they must continually urge the children to try unfamiliar dishes. A good counsellor will praise the food, tell the campers how delicious it is (as they had eaten earlier) and how lucky everyone is to have such a good cook. There are always some boys and girls who are better "eaters" than others, and when possible, they should be served first. We find it helpful for the cook to go into the dining room during mealtime to chat with the mothers, children and counsellors. In this way she can learn from the eating habits, encourage the eating of unfamiliar dishes, and above all else, notice what is left on the plates. Food not eaten is money thrown away.

In preparing menus, I have learned from my thirty years experience, that it is pointless to be concerned about serving an extensive variety of foods. For example, I used to rotate the cooked cereals for breakfast. In turn we served rolled oats (oatmeal), cream of wheat, cracked wheat and vita-b. We found oatmeal cereal so much more popular than the others, that now, except on rare occasions, we serve only oatmeal. Of course, for the babies we serve cream of wheat as well, and there is always pablum available. Cold cereals, such as cornflakes, shredded wheat, all-bran, rice crispies, etc. are allowed to be served to the campers on demand (not placed on the tables) although on cool mornings we restrict their use. Our breakfast menu includes fruit, either oranges or prunes, the cereal as discussed above, toast and assorted jams. We serve bacon or eggs every morning, the eggs being boiled or scrambled.

For our dinner meal, which we serve at noon, we have found that hamburger meat prepared in different ways has the most appeal for children of the age group that we have. Hamburger also gives us an excellent opportunity to use leftovers by grind-

ing and adding meat remaining from other meals. We serve this meat in a variety of ways—as hamburger, a stew, meat loaf, meat sauce, shepherd pie, meat pie, meat balls or chili con carne. Sharing the popularity of hamburger for the dinner meat are sausages, weiners and liver. Our cook can prepare beef liver so well that it is mistaken for calf's liver. For the mothers, counsellors and staff, more variety in meat is given.

A roast is served once or twice a week, providing cold meat for the supper meal, occasionally chops, swiss steak, etc., and every Friday baked fish. Potatoes and a vegetable, either canned or whatever fresh vegetable is available in season rounds out the meat course. For dessert at dinner we serve homemade pie (pumpkin, raisin, apple, cherry, lemon, butter-scotch, etc.), and puddings (rice, bread, apple crisp, upsidedown cakes, rice and raisins, powders, steamed tapioca, ginger bread, etc.) jellios, shortcakes and cookies.

For suppers, here are a few suggestions that we have found successful: egg dishes, tomato scallop, fried or scalloped potatoes, cold meats, hot dogs, fish chowder, salads, creamed salmon and peas, macaroni, spaghetti, hash, beans and cheese dishes. Fruit desserts are served at supper time. If we can obtain a fresh fruit such as apples, peaches, watermelon, plums or bananas, we do so, but failing this, we serve canned fruit. At suppertime we always have cake, baked by the cook. We have found that soup is not too well liked by the children, although it is appreciated by the adults on cool days. When served, it is done at the supper meal.

"Raw stuff" is a term we use for carrot sticks, green onions, cucumbers, sliced tomatoes, celery and radishes. A selection of these is on the table for both the noon and evening meals.

*turn to page 175*



1960 OLYMPIC  
SAILING GOLD  
MEDALIST

GEORGE O'DAY SAYS . . .

*Here's a real  
assist for turning campers  
into sailors — fast!*

You've never read anything like this to give a neophyte confidence in trying to learn to sail. Sailing is easy and this book makes it look and sound easy and safe.

You'll find it written in breezy, easy-to-understand language by Lorna Slocombe and George O'Day, 1960 Olympic Sailing Gold Medalist. The illustrations are priceless — amusing and to the point. You'll want one for every camper-sailor.

Learning to sail at camp is great fun. Campers love it. We'd like to talk to you about camp sailing programmes and about the boats you need.

Send a dollar for your copy of "Have Fun Learning to Sail" today. Quantity discounts so you can supply your camper-sailors.



CANADA YACHT & BOAT CENTRE

20 FRONT ST. W. TORONTO 1, ONT.



40 pages of illustrations and easy-to-understand instructions on sailing fundamentals.

from page 173

These foods can be prepared and kept in the refrigerator for a number of days. Pickles and cheese are on the adult tables for supper.

During the latter part of July and all of August when fresh vegetables and fruits are cheaper, we serve a lot of corn on the cob, tomatoes, apples, peaches and berries. Being in a farming district, we are able to purchase most of these foods direct from the farmer.

Ontario law demands that our milk be pasturized and bought from the local dairy. We experimented with powdered milk but found that the necessary labour involved was a serious drawback. So now we serve whole milk for breakfast, in bottles, and for economical reasons, skim milk for lunch and supper.

Our facilities for refrigeration and cooking we find very adequate. A

large walk-in refrigerator, 8' x 6' and 7' high, is built to specifications advised by the Ontario Department of Agriculture. It is operated by a cold air blower system which provides us with dry cold rather than damp cold. Our stove is a restaurant size propane gas stove, with 12 burners and 2 x 24" ovens.

In spite of the increase in the cost of food, in the past five years we have been able to limit the increase in our costs at Macaulay Camp. We serve approximately 500 meals a day, and counting the cost of food alone, our costs have risen from 19 cents per person per meal in 1955 to 20 cents in 1960. A good cook, and a constant vigilance on the matter of waste can save a camp many dollars. For this department to be successful, a great deal of the manager's time must be spent on the affairs of the kitchen and dining room. —●

## SUMMER CAMP SEPTIC TANK CLEANING SERVICE



- Yearly contracts or emergency service
- Septic tanks, grease traps, drains
- Sanitary, odorless pumping trucks

**JOHN E. DEAN CO. LTD.**

5437 Yonge St., Willowdale, Ont. — BA. 5-8885



# SCHNEIDERS

*Famous for Quality*

PORTION CONTROLLED

- STEAKS • CHOPS • CUTLETS
- VAC PAC BEEF ROASTS

**J. M. SCHNEIDER LIMITED**

KITCHENER

• ONTARIO

*from page 160*

I feel very strongly that crafts at camp should be related as much as possible to camp life, materials and designs around the camp. "City crafts" can be followed at home; let them now make use of native materials. The art of pioneering, life cycles, Indian lore, nature themes, natural patterns and designs, the whole of God's world can be used as themes and bases for crafts. They need never become stereotyped. Variety should be encouraged. Each child should be helped to develop an individual idea for one personal item to take home, and for the group project as a contribution to the camp.

The following is a list of things that are simple to do, and demand little in the way of material and equipment. Space does not permit detailed instructions; these may be found in library books on crafts techniques. I shall attempt only to present ideas we have carried out, and list the necessary materials, hoping other crafts instructors will have as much fun as we did in completing them.

**Cabin or Camp Pictures**—a piece of plywood is the background. Twigs, cedar tips (for trees), sand, dry grass, birch bark, moss, small stones, shells, can be used in the "relief" scene. Frame it with 1" or ½" twigs split. For hanging the finished picture, two screw eyes and picture wire. Other necessities: strong, clear glue (not plastic cement), sharp knives, fine saw, shoe nails, plywood. These pictures will retain their "woody" odour for years; but use dye only for colouring, rather than paint.

**Mobiles**—hang from clothes hangers or small logs and rope. Use paper cutouts of birds, bees, flowers, stars, butterflies, pressed leaves, etc. Necessary materials: wood from fruit baskets,

Bristol Board, pulp board, straight clothes pegs, fine strong string, sharp scissors, sharp knives, fret saw, pipe cleaners, crayons and poster paint. Try mounting nature specimens as a Mobile. Interesting!

**Papier Maché**—made from newspaper pulp, or paper towels. Materials necessary: paste, glue size, shellac, scissors, knives, paint, brushes. This can be made into vases, bowls, masks, jewellery, puppets, dolls, relief maps of district or camp site.

**Indian Dolls**—may be made from nylon stockings stuffed with leaves, or dry grass, cedar fonds or pine needles or sphagnum moss; from plywood or heavy double corrugated board, or from dry corn cobs with corn tassles for hair. Unbleached cotton may be used to cover papoose board.

**Crests, Shields, Cabin Signs**—cut from plywood and the design applied to the surface. Material necessary: paint and brushes, saws, knives, hammer and nails. Screw eyes and picture wire for hanging.

**Leather Medallions or Coasters**—Obtain scrap leather from suppliers. Cut circles of leather about ¼" larger than tin can lids (ask kitchen staff to save them). Use two leather circles, punch them and lace them together. Carve or paint design on one side, initial the other, or use camp crest. Materials needed: Leather disks; tin lids; 1 leather punch; lacing, paints, brushes.

**Twig Jewellery**—Materials needed: twigs, sliced straight or on an angle in small pieces; sharp knives, fret saw, fine hand drill, butcher cord, paint. Earrings, necklets and brooches may be waxed to bring out the wood's natural shade. They may be carved or painted with bright colours.



**Kites**—Materials necessary: balsawood strips or whittled twigs or split bamboo the size of the desired kite; tissue paper, string, glue, knives, scissors.

**Outdoor Ovens**—Materials required: Large juice tins, tin snips, stove pipe wire, pliers.

**Animal Cut-Outs** — Materials required; thin wood from fruit baskets, heavy cardboard, Universal fasteners, drill or punch, paint, knives, fret saw.

**Birch Bark Book Marks. Serviette Rings, Coasters**—Gather birch bark from dead birch trees. Soak it and press it between newspaper on a firm base, and weighted down with rocks. Cut it into strips and decorate. It can be punched and laced with raffia. Serviette rings must be sewn or glued together, and laced with raffia.

**Felt Crests**—Materials required: LePage's Glue (All-Purpose Bond Fast) Scissors, Punch, Pencils, Felt.

**Tincraft**—Camp lanterns and candle holders of all designs may be made from tin, but it requires careful handling with tinsnips.

This is a very brief list of suggestions, presented merely to start the imagination working. The following books are suggested for instructions and many other ideas:

The Golden Book of Camp Craft—Musson Book Co.

10c Crafts for Kids—Jane Wardwell  
Easy Crafts for Campers—Hammett and Horrocks

Easy Crafts—Ellsworth Jaeger  
Things to Make Yourself—

Glenn Wagner  
Make it Yourself—Bernice Carlson  
G. R. Welch & Co., Etobicoke, Ont.  
can supply them. —■

NORTHERN ONTARIO'S FINEST RECREATIONAL AREA, FROM  
NORTH BAY TO MOOSONEE, IS SERVED BY

## ONTARIO NORTHLAND RAILWAY

For information on desirable areas for Camps in new territory  
apply to:

R. P. C. McLEOD,  
Traffic Manager,  
Ontario Northland Railway,  
North Bay, Ontario.

## BOAT ACCESSORIES

for every type of Water Craft

A complete line of equipment for every marine need carried in  
our showrooms —

SAILS - HARDWARE - ROPE - CANVAS - PAINTS - VARNISHES  
GLUES and COMPOUNDS, Etc.

**TOM TAYLOR LIMITED**

The Best in Quality and Service

81 Front Street East

EMpire 3-8761-2

Toronto, Ontario

## GUMPERT HAS EVERYTHING

Trip Lites  
 Cream Desserts  
 Fruit Drinks (Liquid and Dehydrated)  
 Griddle & Waffle Mix  
 Spaghetti Sauce  
 Soups (Liquid and Dehydrated)  
 Gelatine Desserts  
 Instant Mashed Potatoes

FOR THE FINEST IN FOODS

# GUMPERT

HAS EVERYTHING

S. GUMPERT CO. OF CANADA, LTD.  
 31 BROCK AVE., TORONTO LE. 1-5758

### FOR SALE

Well-established—well equipped Boys' Summer Camp for sale. Sleeping quarters capacity 204 people. Can accommodate 150 campers and 54 staff. Standard land, water activities and one of the finest canoe tripping programmes on the North American Continent. Approximately 40 miles from Huntsville, Ontario. For further particulars, reply:

Canadian Camping Magazine Company  
 170 Bloor St. West Toronto 5, Ontario  
 Telephone: WAlnut 4-7117



PAINTS

SOLIGNUM STAINS

A FULL LINE OF PROTECTIVE COATINGS FOR YOUR CAMP

9 Sturgeon Rd.  
 Scarborough

PLymouth  
 5-1171

from page 169

you had a million dollars. You may find to your surprise there is very little fantasy in their answers. This group would probably buy split level houses, clothes, washing machines, cars—nobody wants to buy an elephant, an ocean liner, a castle or a magic carpet. The counsellor now has the opportunity to discuss with the children some other values, force them to stretch their spiritual muscles and develop some programme interest perhaps about other cultures and ways of life. Then the programme battery can come into action. Books can be read, costumes or props can be made, plays can be written and presented to other groups in camp. Music and dancing can be added. From a simple game of letting children talk, a useful project has developed.

The wonders of nature can be introduced the same way. Instead of setting off on a "nature hike", go for a walk and as you walk, speculate about what you see. How does a ground hog live? I wonder what kind of a mother she is? What do they eat? What kind of a flower would this be? You are fortunate if you have a counsellor who can answer these questions and progress to some real study of the subject, but any counsellor can stimulate the interest and seek the answers together with the children.

Planning for rainy days can often be difficult, especially if they continue for any length in one camp period. It is wise to save mystery or surprise programme for these days. Rain in camp too often is treated as a thing of gloom or disappointment. This is the wrong attitude. Rain is the stuff of life for the forest. Can you not prepare children to wear waterproof clothing on cloudy days. After the worst is over, walk through the fresh wet woods and show children sparrows bathing, the

bright faces of washed flowers, the rainbow which cradles your campsite and all the life which a change in weather brings out. If you must be inside, then try all camp entertainment. No child is happier than when involved in talent shows, impromptu skits, mass games. I remember one rainy week, when we were sure that the days of the flood had returned, when a group of eight year old campers acted out a Chinese legend and made it into a serial to be continued each rainy day.

With guidance, approval and help in where to marshal resource material, counsellors rise to the challenge of this kind of programme. Their interest is awakened and they want to work. I have found there is less inclination to let children do aimless crafts or activity. Also, since each group is embarked on a different project, there is less competition and more sharing between counsellors. The whole feeling in camp is one of discovery. When children rush to the supply centre with snapping eyes and excited calls of "Guess what we're doing!", and according to their parents talk straight through dinner about the fun at camp, you have generated that "plus" which makes your camp a special place.

As camp director, you have within your grasp a chance to sprinkle star dust for a child—how much more valuable is this than a suitcase full of bead necklaces and tea pot stands, or even a tadpole swimming certificate. Think back to this verse from 1st Corinthians: "When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things." As adults working with and for children, we should cherish rather than put away childish things.

—●



Make it a requirement that all campers' clothing and belongings are marked with

**Cash's** NAMES  
WOVEN

Camp linen and equipment, too, should be marked to avoid confusion and loss. Names, numbers, or special markings can be supplied.

Ask for details of our special service to Camp Owners and Operators.

order CASH'S WOVEN NAMES  
from dealers, or

CASH'S, Belleville 32, Ontario

|         |               |                |
|---------|---------------|----------------|
| Name:   | 3 doz. \$1.80 | 6 doz. \$2.40  |
| Prices: | 9 doz. \$3.00 | 12 doz. \$3.50 |

## Wholesale Medical Supplies . . .

Medical Equipment

First Aid Requirements

Drugs and Medicines

●

Low Prices

Fast Service

●

**STARKMAN CHEMISTS**

459 Bloor St. W. - Toronto

WA. 2 - Twenty-One - Twenty-One

## TOWARDS BETTER PRACTICES AND HIGHER STANDARDS

---

### *A Statement Commissioned by the National Committee on Youth Programme of the YMCA's of Canada*

The Young Men's Christian Association is one of the many organizations working constantly for ever-higher standards and for better practices in the field of organized Children's Camping.

Canada's first organized camp was conducted by a YMCA Secretary at Truro, Nova Scotia, in 1890, and by the year 1905 there were thirteen different YMCA camps in Ontario and Quebec.

Rating scales, evaluation forms, and visitations, are certainly not new tools for camping people, since as early as 1922 an extensive system of grading YMCA camps was inaugurated by the Ontario and Quebec Boys' Work Committee. This system gave points for meeting standards in such areas as sanitation, site, equipment, programme, organization and administration, conservation, printed reports and statements! In more recent years, a major camping consultation gave impetus to further standard-raising programmes in 1947, and since that date the printed statements regarding "Minimum Standards", "Desirable Practices", and "Camping Guideposts" have become an integral part of this work. The self-evaluation form and the visitors' appraisal form now used by Canadian YMCA camps have been in use (with modifications and developments) since 1953.

The National Committee on Youth Programme has made particular use of the following techniques in its efforts to assist and encourage local associations to achieve high standards in their camping programmes:

- Visitations
- Use of an Appraisal Form
- Use of a Self-Evaluation Form
- Regional "Get-Togethers" of YMCA Camp Directors
- Camp Directors' Seminars
- Recommending Active participation in Provincial Camping Associations.

(In this area YMCA Secretaries have given a great deal of leadership from coast to coast).

In recent years the Camping Associations, too, have become exceptionally active in the field of "Standards", and YMCA Secretaries have been encouraged to give leadership and wholehearted support to these endeavours. There has always been an understanding, of course, that an underlying premise for any such voluntary participation in these voluntary associations involves considerable opportunities for education and encouragement coupled with certain limitations inevitably encountered through the very nature of such associations.

The National Committee on Youth Programme of the YMCA's of Canada recognizes its close identification with many other organizations, associations, and individuals, in the work of raising standards and improving camping practices through the use of non-coercive, educative procedures. It will be the intention of this committee to lend all possible support to the continuing work carried on within this context (which involves a standard in itself) towards the achievement of these high goals.

—●



# A DAY OF INDIAN GAMES

by *Walter Mingie,*  
*Director, Canoe Trips and Intermediate*  
*Section,*  
*Camp Nominigue.*

This is a "once a season" programme for all campers and staff, which has been very successful at Camp Nominigue for the past two years.

## Organization

The campers are divided into six tribes of forty boys each. Each tribe is further divided into four sections, the youngest members being papooses, next

braves, scouts, and the oldest, warriors. One member of the Senior Staff becomes the Tribal Chief and each section of the tribe has a counsellor as its Chief. The rest of the counsellors are ex-officio members of a tribe and help run the programme.

## The Opening Games

After the evening meal, all Tribes gather at the games field, each Indian stripped to the waist, wearing a blanket and his tribal head-band. They are welcomed by the Big Chief of Nominigue—the Camp Director. A flaming arrow shoots into the air signalling the opening of the games. Inter-Tribal challenges ensue, with the winners, second and third place Indians scoring points for their Tribes and getting a coloured mark (water paint) of distinction painted on their chests. These challenges consist of handkerchief snatches, paddle holding contests, tug-of-war, rooster fights, Indian arm wrestles, etc.

## Programme

Next morning the games continue with the Warriors playing lacrosse, the Scouts engaging in camp craft competitions, the Braves having water games, and the Papooses building Indian villages. All points scored are entered on a blackboard located centrally at the Dining Hall. In the afternoon and evening the programmes are rotated so that all sections engage

*turn to page 183*

*from page 158*

and her feelings must be respected until her attitude changes, if it does.

Along with this, fears must be respected; for fears and phobias play a large part in the lives of children. Silly fears, the counsellor may think since they are not his fears. And they will have nuisance value . . . if they are fears of thunderstorms, or bugs, spiders especially, or hypodermic needles, or the water, or of course strange noises, or even of the little man who isn't there. Deal with these fears we must, but a head on clash is not going to get us anywhere.

A camper's confidences are confidential, whether they are shared naturally or in a sudden moment of intimacy, or through a diary which has been left open, or a letter lying on a bed. They are not for public edification which goes by another name, gossip, and is anything but professional.

A camper has values, and these,, albeit they are not adult values or even unacceptable socially, merit respect. Certainly it may be necessary to change them, but not in a face-losing, all out wrestling bout with no holds barred. And a camper has a right and need to make decisions in those areas where his maturity and experience enable him to make such decisions. Perhaps a counsellor needs to help him re-think, to widen horizons, to introduce other aspects, but his rights must be respected.

And then there is his sense of justice. Sometimes a counsellor has to make decisions contrary to his campers' wishes, and to hold to those decisions. Sometimes there has to be punishment. But a counsellor must always remember that his logic, his sense of justice, may not be fair in the eyes of a small camper. Many a cabin group has

floundered on the rock of the letter of the law as interpreted by a counsellor.

All this does not mean license, but it does mean sensitive, objective patient concern on the part of the counsellors in order to see camp and all its complicated experiences through the eyes of the camper.

Emotions should be labelled: **EXPLOSIVE: HANDLE WITH CARE.** Children, teenagers especially, have to learn to deal with their emotions, and experiences of emotional content must be provided. Since we are human beings our emotions are very important; we must love and be loved; respond to beauty, to ideals, to a philosophy of life; we must have heroes to worship, satisfying achievements, many and varied experiences in these realms; and again on the other side of the scale protection from overwrought emotions. If we take campers up a mountain, we must be sure of the route back; if we arouse emotions we must provide an out-let through activity, discussion, music, personal relationships. But under no circumstances, may a camper be the means of meeting the counsellor's need for affection, admiration, throwing his weight around. I think you all know what I mean, even though we call it camp spirit or religion or something else.

Nor dare we exploit emotions. Sometimes a camp seems ripe for exploitation; this is the temptation of our calling.

If we can, through the selection and training of counsellors, provide the feeling of well-being and inner content for most of our campers, we are well on the road towards happiness. And if the camper responds there is a freeing of his spirit which makes him able to throw himself whole-heartedly into camping experiences, to make



friends more readily, to live in harmony with others, to find reality. And although we need to add some nonsense and fun which will result in easy laughter and chuckles, little effort will be required. However any project must be measured against the yardstick of fun—for whom? For how many? And if there are going to be some left out, because this is not their idea of fun, or if because of lack of skill, they can have no part in it, alternatives must be there.

I believe that if campers experience happiness in the interlude of a camp holiday, that they will go home more self-reliant, more competent to seek happiness for themselves and others. Furthermore I believe that this is the most important most vital carry-over that a camp can have. So I plead with all of you to put the search for happiness well up on your list of objectives—perhaps at the very top!

*from page 181*

in athletic games, water games and campcraft competitions.

### Water Games

The water games start with an inter-Tribal half mile war canoe race. Then there are various novelty races in sixteen foot canoes, such as the four man paddling event, with hands only; in and out race; poleing race, submarine race and gunwhaling race. The final event is an obstacle relay race, run in knee deep water.

### Campcraft Competition

At the campcraft area the Tribal Chiefs select Indians from their Tribes to compete in tree felling log chopping, buck sawing, water boiling, string burning and stake driving competitions. The event for the Tribal Chiefs is a caber toss. A relay nail driving contest,

**SPECIALISTS**

in

**Camp Medical Supplies**

and

**First Aid Kits**

A convenient **Special Pre-Written Order Form** for requisitioning your camp medical supplies is **FREE** on request.

Write or Phone . . .



**Ingram & Bell**

**LIMITED**

**TORONTO**

Montreal

Calgary

-

-

Winnipeg

Vancouver

where each Indian drives home one four inch nail, concluded this competition.

### Finale

After an evening dip, all Tribe members, dressed in pyjamas with blankets around them, assembled in boats and canoes. They are led snake fashion around the lake, ending in a large circle around a huge bonfire, anchored a hundred yards from shore.

When all are assembled, the results of the Tribal Games are announced. As the Tribal yells sound out, the bonfire mysteriously bursts into flame, shooting flames high into the night air. As the bonfire burns low, a few well known camp songs are sung, then boats and canoes head towards shore and the Indians retire to their tents. Thus ends the Tribal Games for another season.

**J. H. Beattie**  
TORONTO

**430 Eglinton Avenue West  
Toronto 12 — Ontario**

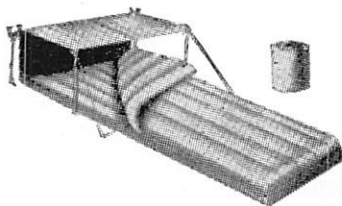
## **BOYS' CAMP CLOTHING AND EQUIPMENT**

Every effort is made by the staff of J. H. BEATTIE to be sure CAMPERS arrive at camp fully equipped as requested by each camp. All clothing, bedding and equipment is carefully selected for durability and fit, at the most reasonable prices.

### **• SEWING ON NAME TAPES**

Each boy's name sewn on all clothing and equipment purchased, at no extra cost to the customer. Customer to supply the name tapes.

**Telephone  
HUDson 1-4459**



from page 161

two reasons: to give parents the experience of observing the campers in action, and to present a yardstick for them to determine the worthwhile things which their daughters had derived from camp life.

At Wahcahnimie, we believe that camp is truly "for the camper". This day has always afforded an excellent opportunity for campers to have a prime role in organizing the techniques and arrangements for the display. In addition, they experience the tangible values of co-ordinating their individual efforts as a team. Campers and staff work together on all the plans, and the group is divided into committees to organize the different aspects of the programme which evolve around the following activities:

*Canoeing*—Canoeing safety tests and an intricate canoeing design encom-

passing the entire group, both campers and staff.

*Ornamental Swimming* — an exhibition comprising two parts: The Tadpoles in a shallow water routine, and the older girls in a deep water ballet.

*Diving*—a diving display involving both serious and comic routines.

*An Archery Shoot.*

*A Tribal Water Regatta.*

The staff participates actively, but in an advisory capacity, in the organization and preparation for the day, so that the campers must exercise their ingenuity and resourcefulness, with everyone working together as a team for the success of the Water Carnival.

As well as the committees formed to work on the displays, there must be additional groups composed of the

cabin groups with their counsellors to handle such details as:

Camp site supper, including menu, work groups, servers and clean-up squad.

Birch bark invitations;

Decorations;

Camp tidiness.

In the event of rainy weather, a Rainy Day programme is planned so that, if necessary, it can be put into action on that day.

A camper, with a counsellor acting as her advisor, serves as the chairman of every committee of volunteer campers. To illustrate: the duties of the canoeing committee would be to work out the pattern for the display. It should be mentioned here that the campers and staff decided that the entire camp should carry through the intricate patterns of the design which concluded with the camp salute—this event being the only all-camp effort of the afternoon. The canoeing committee would also be responsible for writing the commentary in the canoe safety tests, for allotting the canoe crews, and for scheduling the practices.

The campers volunteered to participate in the various facets of the programme with the exception of free waterskiing and aquaplaning, and the competitive tribal water regatta—all of which were included to round out the Carnival Day. Camper commentators kept the parents informed about the points of interest in every event.

In the late afternoon, the scene shifted from the waterfront to the archery range, and then to the camp site for the evening meal prepared by the kitchen staff and the campers. Chocolate cake baked in the reflector

oven, burgers and barbecued hot dogs toasted over the open fire, were on the bill of fare. It was a natural conclusion that the parents would be amazed and delighted with these culinary skills.

Later on in the early evening, the visitors, as silent observers, were initiated into the Indian Ceremony on Council Rock. Our July campers carved and painted a Totem pole, and presented it in a pageant, while the August group gave, as their offering, a canvas on which was painted an Indian Legend. The canvas was attached by leather thongs to a birch structure.

The closing ceremony was the lighting of the CW (Camp Wahcahn-mie) fashioned of pre-treated burlap and wire. This structure was set ablaze on the near horizon, and, when the coloured flames lit up the night sky, it seemed a fitting conclusion to the day. It exemplified, in its simplicity, the fact that, throughout the day, the visitors to Wahcahn-mie had experienced a panorama of camp activities and traditions, conceived and organized by the camp group as a whole. After Taps and the last good-byes, we, at Wahcahn-mie, had the satisfaction of knowing that all participants and observers felt closely akin to our camp fellowship circle.

In conclusion, might I say that this day is a vast project, but its rewards are numerous. The campers assume responsibility, learn to give and take in a group, develop latent leadership qualities. In short, they experience the fun and satisfaction that grows out of working as a group towards one end. And then, parents, in turn, derive great satisfaction in the tangible proof that their camper-daughters are an important part of a happy camp group.

—●



## OUR FRIENDS . . . The Advertisers

|                                       |                    |
|---------------------------------------|--------------------|
| American Camping Association.....     | 186                |
| J. H. Beattie.....                    | 184                |
| Borden Chemical Co. (Canada) Ltd. ... | 144                |
| Canada Yacht & Boat Centre.....       | 174                |
| and Inside Back Cover                 |                    |
| J. & J. Cash (Canada) Ltd.....        | 179                |
| Continental Casualty Co. ....         |                    |
| Outside Back Cover                    |                    |
| John E. Dean Co. Ltd.....             | 175                |
| T. Eaton Co. Ltd.....                 | 143                |
| Foodcraft Laboratories Ltd.....       | 146                |
| Gibbons Food Ltd.....                 | Inside Front Cover |
| S. Gumpert Co. of Canada Ltd.....     | 178                |
| Ingram & Bell Ltd.....                | 183                |
| Lily Cups Ltd.....                    | 145                |
| Maple Leaf Plastics Ltd.....          | 148                |
| McKague Chemical Co. Ltd.....         | 150                |

### CLASSIFIED ADVERTISING RATES:

Twenty cents a word, minimum five dollars.  
All classified payable in advance. Address all  
correspondence to "Canadian Camping", 170  
Bloor Street West, Toronto, Ontario.

|                                      |     |
|--------------------------------------|-----|
| Milko Products Ltd.....              | 152 |
| Ontario Northland Railway.....       | 177 |
| Roxalin of Canada Ltd.....           | 149 |
| J. M. Schneider Ltd.....             | 175 |
| Stafford Foods Ltd.....              | 167 |
| Starkman Chemists Ltd.....           | 179 |
| Sturgeons Ltd.....                   | 178 |
| Tandy Leather Co. of Canada Ltd..... | 167 |
| Tom Taylor Co. Ltd.....              | 177 |
| Tilley's Ltd.....                    | 147 |
| Vermont Accident Insurance Co.....   | 146 |
| G. H. Wood & Co. Ltd.....            | 148 |

### FOR SALE

## CAMP WABI-KON

One of Northern Canada's finest children's camps. For sale, or lease with option to buy. Open to any proposal. Asking \$100,000. Accommodates 300. First time offered. Opportunity. For particulars write exclusive co-op brokers. Owner's other interests necessitate sale.

### BARRY E. PERLMAN & CO.

Members Toronto Real Estate Board  
850 Eglinton Ave. W., Toronto 10, Ont.

## A Message of Interest . . .

### To readers of CANADIAN CAMPING, from the American Camping Association

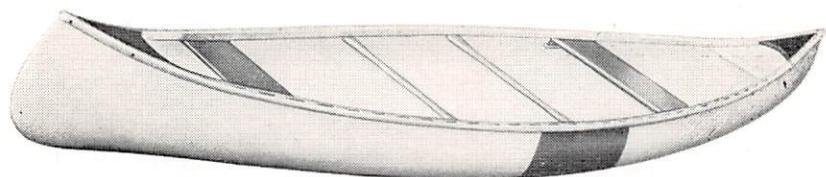
It was over two years ago that a group of camp directors in New England began the preparation of some practical, down-to-earth resource material to help young counsellors deal with the common every-day guidance problems they are faced with at camp. The result is the 24-page **Camper Guidance—A Basic Handbook for Counsellors** which was incorporated as a monograph in the March 1961 issue of "Camping Magazine." It represents up-to-the-minute principles and practices to help counsellors in guiding campers, gathered from first-hand experience and from authoritative sources. The response has been overwhelming; never before has a publication of the American Camping Association been met with such enthusiastic reception.

The initial supply of 6000 reprints were sold within three weeks. Additional copies are now available at 75¢ per copy; 4-24 copies, 60¢; 25-49 copies, 50¢; 50 or more, 40¢.

## AMERICAN CAMPING ASSOCIATION

Martinsville, Indiana

**TWO YEARS OF DEVELOPING AND TESTING  
HAS FINALLY RESULTED IN  
*A FIBERGLASS CANOE***



*Available in several colours.  
Can be ordered in Camp's  
two-coloured design if desired.*

*that has*

- THE DESIGN
- THE PERFORMANCE
- THE QUALITY
- THE STRENGTH
- THE SAFETY
- THE BALANCE

To meet the requirements of the most discriminating  
and experienced camp director.

**ONE LOOK WILL CONVINCE YOU.**

**ON DISPLAY AT**



**& BOAT CENTRE LTD.**

**20 FRONT STREET WEST**

**Open Daily 9 a.m.—9 p.m.  
Sat. 9 a.m.—5 p.m.**

**TORONTO  
EM. 4-2296**



# INCREASING RESPONSE for CONTINENTAL'S CAMP-GUARD PLAN



HAS GUARANTEED ITS  
AVAILABILITY  
FOR ANOTHER YEAR

DISPLAY THIS SYMBOL  
STICKERS AVAILABLE FOR YOUR STATIONERY

A choice of plans for all organizational, church and private camps providing broad medical expense protection for each accident and each sickness at low cost group rates for both campers and staff members.

Put **CAMP-GUARD** on your programme. Display this symbol and let parents know your camp is covered. This symbol of outstanding coverage assures them you take added interest in your camper's welfare, by providing a **CAMP-GUARD** accident and sickness plan.

Your local insurance agent will help you choose the right plan for your camp; or write our nearest office for full particulars.

## CONTINENTAL CASUALTY COMPANY SPECIAL RISKS DIVISION

640 West Hastings Street  
VANCOUVER  
Mutual 4-6381

160 Bloor St. East  
TORONTO  
WAlnut 4-4692

2100 Drummond Street  
MONTREAL  
Victor 9-5306

607 Imperial Bank Building — EDMONTON — GA. 24642